

Ongoing Weekly Programs – December 2019

Monday 8:30 am-6:00 pm	Tuesday 8:30 am-4:00 pm	Wednesday 8:30 am-4:00 pm	Thursday 8:30 am-4:00 pm	Friday 8:30 am-1:30 pm
9:00 am-5:45 pm Billiards/Horseshoes	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-1:30 pm Billiards	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-10:00 am Gentle Yoga (\$)
9:00 am-9:45 am Zumba Gold (\$)	9:15 am-11:30 am Bridge	9:30 am-11:30 am Cut-Ups Carving Club	9:30 am-11:45 am Sew & So Crafters (on hiatus 12/12-1/2)	9:00 am-12:30 pm Wii Bowling
9:00 am-1:00 pm Ellington Chess Mates	10:00 am-10:45 am Chair Exercise (\$)	10:00 am-11:30 am Ellington Singers (\$,*)	10:00 am-10:45 am Chair Exercise (\$)	9:00 am-1:15 pm Billiards/Horseshoes
10:00 am-12:00 pm Canasta	11:00 am-11:45 am Simple Circuit Fitness (\$)	1:00 pm-2:00 pm Ladder Ball & Cornhole	11:00 am-11:45 am Simple Circuit Fitness (\$)	10:30 am-11:15 am Chair Yoga (\$)
11:00 am-12:30 pm Adv. Line Dancing (\$*)	12:00 pm-1:30 pm Hand Massages (*)	2:00 pm-3:30 pm Shuffleboard		5:00 pm-8:00 pm Billiards
1:15 pm-3:30 pm Board Games	1:00 pm-3:30 pm Dominoes			
2:00 pm-2:45 pm Tai Chi for Arthritis (\$)	6:00 pm-8:30 pm Setback		We offer rides to Big Y and Stop & Shop on Fridays. Contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee Schedule is subject to change.	
3:00 pm-3:30 pm Meditation				
3:30 pm-4:45 pm Easy Line Dancing				

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat
 Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Riffat Zulfiquar, Rich Gillogly
 Canasta: Kathi Peterson
 Cornhole/Ladderball: Toni Finkle, Janet Sosnicki
 Creative Writing & More: Pat Stoughton
 Ellington Chess Mates: Alex Cardoni
 Cut Ups Carving Club: Randy Russo, Ed Ertel
 Dominoes: Dave and Mary MacDaid

Ellington Singers: Mary Regan, Maureen Webber
 Garden Thyme: Janice Chaplin, Leslie Suitor
 Hand Massages: Kay Luginbuhl
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Shuffleboard: Shirley Pinard
 Sew & So Crafters: Judy Varney
 Walking Warriors: Joe Ouellette, Carol Adams
 Wii Bowling: Dennis Varney, Larry Peterson

Ellington Senior Center Special Events DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6/7
	10am-12pm Acrylics on Canvas ** 1pm The Science of Stress & Anxiety **	9am-3pm Podiatry Clinic (\$,**) 10:30am Ellington Singers: Holiday Concert ** 1pm Guy Talk with Bruce **	Craft Fair Set Up Winterfest at Hall Memorial Library	NO Wii Bowling NO Yoga, NO Chair Yoga Sat. 12/7 9am-1pm HOLIDAY <i>Craft & Vendor Fair</i>
8/9	10	11	12	13
Sun. 12/8 Trip: Student Prince **	12:30pm – 2:00 pm Ask the Nurse 1pm TED Talk			
16	17	18	19	20
4pm Cookies & Carols with EHS National Honor Society **	10am-12pm Acrylics on Canvas ** 1pm TED Talk	10am-1pm Human Service Office Hours with Rebecca 1pm History for Fun: Industrial Giants **	1pm Volunteers Meeting 1pm Creative Writing & More...	
23	24	25	26	27
	NO Chair/Simple Circuit CLOSED AT NOON		NO Chair/Simple Circuit	
30	31			
	NO Chair/Simple Circuit			** Please sign up in advance for these programs.